


<b>Hartman Winter 2013 Program Schedule 862-8479</b>  <b>Hartman Park Community Center 2801 Tucker Road Nashville, TN 37218</b>  <u>Facility Coordinator*</u> Adrean Gregory  <u>Program Coordinator*</u> Bobby Jones  <u>Aquatics Coordinator*</u> Contee Harris  <u>Special Skills Instructor</u> Glen Adkins Shatika White  <u>Recreation Leaders</u> D'Aundrial Sanders Felissa Reese Jayson Covington Charles Moorman William Mumphrey Jason Gooch  <u>Aquatic</u> Gere Shoemake Jari Boyd  <u>Fitness Instructor</u> Felissa Reese  <u>Disabilities</u> Charles Pruitt  <u>Activity Codes:</u> <b>Fitness Classes</b> <b>Aquatics</b> <b>Gymnasium</b> <b>Youth/Adult Programs</b> Senior Programs, 55 and up *Paid Classes are \$3.00	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
	10:00-11:00 Dance Into Shape w/Adrean Gregory  9:00am-10:15am Water Walking/ Lap Swim  10:30am-11:30am Open Swim  1:00pm-3:00pm Open Swim  12:00pm-2:00pm Open Gym (Adult)  3:00pm-6:00pm After School Program (Only youth in gym/game room)  5:30-7:30pm Step w/Ms. ShaTika  Facility Rental Rates <u>All Rates are per hour</u> Small Meeting Room - \$35.00 Large Meeting Room - \$50.00 Pool - \$50.00 Gym/Game Room - \$75.00 Facility - \$100.00  	8:15-8:55am Get Fit w/ Felissa  6:30am 8:30am Lap Swim & Water Walking  9:00am 10:15am Water Exercise Class  10:00am-11:30am Open Swim  9:00-10:00 Zumba *  12:00pm-2:00pm Open Gym (Adult)  3:00pm-6:00pm After School Program (Only youth in gym/game room)  5:30-7:30pm Step w/Ms. ShaTika  9:00am-10:00am Senior Water Aerobics  1:00pm-4:00pm Open Swim (Public)  4:00-5:30pm Lap Swim  6:15pm-7:00pm Swim Lessons*  7:10pm-7:55pm Water Exercise Class  5:30pm-6:30pm Karate *  7:10pm-8:00pm Water Aerobics*	8:15-8:55am Get Fit w/ Felissa  9:00-10:00 Boot camp Toning *  9:00am-10:15am Water Walking/ Lap Swim  10:30am-11:30am Open Swim  10:00-11:00am Dance Into Shape w/Adrean Gregory  12:00pm-2:00pm Open Gym (Adult)  3:00pm-6:00pm After School Program (Only youth in gym/game room)  5:30-7:30pm Step w/Ms. ShaTika  6:00-7:00pm Girl Scouts w/ Mrs. Pepa  5:30-7:30pm Step w/Ms. ShaTika  12:00pm-1:00pm Aqua Zumba *  1:00pm-3:00pm Open Swim (Public)	9:00-10:00 Zumba *  12:00pm-2:00pm Open Gym (Adult)  6:30am-8:30am Lap Swim/ Water Walking  9:00am 10:15am Water Exercise Class  10:30am-11:30am Open Swim  3:00pm-6:00pm After School Program (Only youth in gym/game room)  5:30-7:30pm Step w/Ms. ShaTika  1:00pm-3:00pm Disability Program  4:00-5:30pm Lap Swim  6:15pm-7:00pm Swim Lessons*  7:10pm-8:00pm Water Aerobics*  5:30pm-6:30pm Karate *	8:15-8:55am Get Fit w/ Felissa  9:00am-10:00am Men's Dance Line Dancing  10:00-11:00am Dance Into Shape w/Adrean Gregory  9:00am-10:15pm Lap Swim/Water walking  10:30pm-11:30pm Open Swim (Public)  6:00am-8:00am Adult Open Gym (basketball)  3:00-6:00pm After School Program (Only youth in gym/game room)  6:00-7:00pm Cub Scouts w/ Mr. Jayson  10:00am-11:00am Senior Water Aerobics  6:00pm-7:00pm Zumba *	8:00-12:00pm Open Gym (Adult)  11:00am-12:00pm Karate *  8:30am-9:30am Lap Swim  9:30am-10:30am Open Swim  Pool Reservations Pool - \$30.00 Lifeguard - \$20.00 Total per hour - \$50.00  <u>Fitness Center Rates</u> Adult Daily - \$3.00 Adult Monthly - \$30.00 Adult 10 Visit \$20.00 Senior Daily - \$1.50 Senior Monthly - \$20.00 Senior 10 Visit - \$10-00 Youth Daily - \$1.50 Youth Monthly - \$20.00 Youth 10 Visit - \$10.00 Fit Card - \$27.00  Metro Parks does not discriminate on the basis of age, race, sex, color, national origin, religion, disability in admission to, access to, or operations of its programs, services, or activities.

### **Hartman Park Regional Center Class Descriptions and Fees**

#### **Aqua Zumba**

It's a 45 minute choreographed aquatic aerobics class to Latin and World music. Aqua Zumba is the aquatic lower impact version of Zumba. It will be exactly the same routine to the same song every time so you get a chance to learn the routines at multiple classes if you don't catch it all the first time. This is not a mellow or quiet class, you will be moving your body against the resistance of water so be prepared to exercise and have fun! \$3.00 Wednesday Ms. Felissa

#### **Dance:**

Zumba is a fitness program that combines Latin music and easy-to-follow dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms and resistance training. Zumba's fans say it's so popular because Zumba is a fun way to work out. \$3.00 Tuesday, Thursday 9:00a.m – 10:00a.m. /Friday 6:00p.m.-7:00p.m. Instructor: Ms. Felissa Reese

#### **Line Dance**

line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows without regard for the gender of the individuals, all facing the same direction, and executing the steps at the same time. Line dancers are not in physical contact with each other. Older "line dances" have lines in which the dancers face each other, or the "line" is a circle, or all dancers in the "line" follow a leader around the dance floor; while holding the hand of the dancers beside them. [http://en.wikipedia.org/wiki/Line\\_dance](http://en.wikipedia.org/wiki/Line_dance) Hartman park older Adult population, Monday, Wednesday and Friday – 10:00a.m.-11:00p.m. Evening classes \$3.00 Tuesday, Wednesday and Thursday, 6:30p.m.-7:30p.m.

#### **Family Fitness Classes:**

F-3 Essentials: For parent and child ages 3-5pm. Family, Fit, Fun! This class is free and every Monday and Friday.

**Fit Card:** The Fit Card is good for 10 passes into any of our paid classes.

### **THE POOL**

Children ages 4 and under must wear a Metro Health Dept. approved diaper  
Children under 4 feet tall must be accompanied by an adult  
Only people age 18 and older are considered adults

### **SWIM LESSONS**

Session 1

Registration starts August 6, 2012

Class starts: September 11, 2012 thru October 11, 2012

Session 2

TBA

Classes will not meet when Metro Schools are closed because of inclement weather  
Please contact the front desk to registration for swim lessons

The swim lesson program cost \$50.00 per session

Children must be 6 years old and/or 4 feet tall

NOTE: If the child does not meet the requirements then the instructor has the discretion not to allow the child to participate in the learn to swim class  
A refund will be done if this matter does occur

### **THE FACILITY**

Rentals are done anytime based on availability and capacity

Gymnasium w/Game Room, Pool, and Facility are rented after hours only (Fitness Center can not be rented)

Large meeting room includes the kitchen